

Take Time Out

to help. Donation centers offer a relaxed atmosphere with caring professionals who appreciate the gift you give. Though the donation process itself only takes about 10 minutes, an hour should be allowed for screening and post-donation refreshments. Blood donors are encouraged to make appointments through their unit blood coordinator or directly with their local Armed Services Blood Program office to make the process as seamless as possible. Once collection is complete, donors can relax while enjoying cookies and juice, knowing they have helped.

United we
give...
the gift of
life

Local Blood Program Office Name
And address
Either printed or stamped
Phone

Top 10 Reasons I Give Blood

- 10 I can lay down for ten minutes in the middle of the day.
- 9 It's good to share the health.
- 8 One pint of blood for three lives...not a bad trade.
- 7 I may need it back some day.
- 6 It hurts less than a paper cut.
- 5 One of my friends could need it.
- 4 I'll make more.
- 3 It takes doctors four years of medical school to save a life— it takes me ten minutes.
- 2 Did I mention I'm saving up to 3 lives with just one pint of blood?

And the Number 1 Reason
I Give Blood:

- 1 **Cookies, cookies, cookies!**

Armed Services Blood Program
5109 Leesburg Pike
Falls Church, VA 22041-3258
703.681.8024 or DSN 761.8024
www.tricare.osd.mil/asbpo

Photo credit: Scott Corey



You would
do
anything
for
your
friends.

Wouldn't
you?

Here's your
chance to
prove it...

Give Blood

through the Armed Services Blood Program (ASBP) and you provide direct medical support to fellow servicemembers in their hour of need. Blood donated through ASBP is used to care for sick and injured military personnel and their family members. Giving blood at an ASBP site offers the opportunity for individuals to make a difference by helping other members of the military family.



The Need

is great and constant. A single trauma patient can require up to 40 units of blood. Just as every unit of blood counts in critical situations, so too does every military unit's support make a critical difference in meeting blood supply requirements. A pint of blood can be stored for up to 42 days, but donors are only eligible to give once every eight weeks. This means that the ongoing efforts of all units and organizations are necessary to ensure a reliable supply. If everyone who is eligible gives routinely, blood levels will be sufficient to care for all service personnel and family members in need.



Now More Than Ever,

your comrades in arms need you. Concerns about the possible transmission of **variant Creutzfeldt-Jakob disease (vCJD)**, commonly known as Mad Cow disease, have led ASBP to modify donor screening policies.

vCJD Facts

- There have been no documented cases of vCJD being transmitted through blood transfusion.
- ASBP is adopting the Food and Drug Administration (FDA) deferral recommendations to ensure the safety of the military blood supply.
- No test is currently available to screen for vCJD. Until there is, the stringent deferral policy is the prudent course of action.
- Many personnel who have been stationed at European bases are no longer eligible to donate blood.
- The deferral policy will increase the overall number of ineligible military donors. Up to 43 percent will not be able to donate.
- The reduction in eligible donors makes it even more crucial for those who are eligible to give blood regularly.

New Donor Restrictions

mean those who may have been exposed to **vCJD** are no longer eligible to donate, even if they meet all other donor requirements. In addition to the screening measures currently in place, potential donors will now be deferred if they have:

- Traveled or resided in the United Kingdom from 1980 through 1996 for a cumulative period of three months or more.
- Been affiliated with the Department of Defense and been stationed in Europe from 1980 through 1996 for a cumulative period of six months or more.
- Traveled or resided in Europe from 1980 to present for a cumulative period of five years (applies to DoD personnel on or after Jan. 1, 1997)
- Received a transfusion in the United Kingdom since 1980.
- Received bovine insulin produced in the United Kingdom since 1980.

